

QC

MUSIC:

The Mikman's Sons are fresh from Chicago's House of Blues **P. 10**

SHARP EATS:

Valentine's Day dessert potluck recipes for the ladies **P. 18**

WINE WORLD:

A delightfully sophisticated way to woo a date **P. 23**

WHEN LOVE FALLS INTO YOUR LAP

TRELLE AND GRAHAM KOLOJAY MET ON THE RIDER CHEER TEAM AND HAVE BEEN FLYING HIGH EVER SINCE **P. 5**

PLUS: SIX BAD FIRST DATES, JUST IN TIME FOR VALENTINE'S DAY



LEADERPOST.COM/QC



FACEBOOK.COM/QCREGINA



TWITTER.COM/QCREGINA

WINTER Clean-Out!

don't get
**SNOW
DRIVEN
OUT!**

**SEE US
FIRST!**



\$45,995

2013 RAM 3500

2011 4700



\$35,988

2014 JEEP CHEROKEE LTD

CHECK OUT THIS INVENTORY

2008 Saturn Aura XE	\$6,995
2014 Jeep Gr Cherokee Laredo	\$35,995
2014 Chev Traverse AWD 8 pass	\$31,995
2014 VW Tiguan R-Line	\$36,995
2014 Volkswagen Jetta	\$16,995
2014 Avenger SXT	\$17,995
2012 Volkswagen Golf	\$16,995
2012 GMC Acadia SLT leather	\$34,995
2012 Ford Edge	\$24,995
2012 Jetta Highline TDI	\$25,995
2011 Mercedes Benz C63 AMG	\$48,995
2010 Toyota Corolla	\$13,995
2008 Acura RDX	\$17,995



\$42,995

2013 FORD F150 FX4 5.0 V8

2011 15000 L



\$24,995

**2013 JEEP
COMPASS LTD**

2011 15000



\$39,995

**2013 CHEV SILVERADO LTZ
CREW CAB 4X4**

2011 15000 L



\$32,900

2013 TOYOTA TACOMA

2011 15000 L



\$34,998

2012 FORD F150 FX4

2011 15000



\$39,995

**2014 JEEP GRAND CHEROKEE
LIMITED SUV**

2011 15000

MANY TRUCKS, CARS AND CERTIFIED VW AND OFF MAKES IN STOCK
the NEW Taylor Volkswagen Used ➔

3615 East Quance Gate, Regina
306-757-0657 • 1.877.811.4006
www.taylorvw.ca



Volkswagen/used



INDEX

ON THE COVER PG. 5



Trevor and Graham Rolapp pose in the gardens at the Devo Derbyshire in Saskatoon where they got married last year. They met in 2010 when they were both on the Rider Club team. CP PHOTO BY MICHAEL BING

TABLE OF CONTENTS

IN THE CITY — 4

A moment in time: Photographer Michael Bellis shot that defines the week.

ON THE COVER — 5

Trevor and Graham Rolapp know what it's like to have love fall into your lap. Plus, six hot first dates just in time for Valentine's Day.

MUSIC — 10

The Milemen's Sons are fresh from a performance at Chicago's House of Blues.

READ MY BOOK! — 11

Author Mar on Mutale's fourth book encourages gratitude.

CROSSWORDS/BUCKLE — 12

EVENTS — 14

What you need to know to plan your week. Send ratings to info@leaderpost.com.

SHARP EATS — 16

Recipes perfect for a Valentine's Day dessert: entree with the girls.

ON THE SCENE — 20

A day of sleigh rides and snowmobile races at the Eskow/Community Winter Carnival.

OUTSIDE THE LINES — 22

A weekly column, creation for kids of all ages by artist Stephanie McKay.

WWE WORLD — 23

A delightfully sophisticated way to view your data.

SHARP EATS P. 16



Valentine's Day is the time to enjoy beautiful desserts. See photos CP PHOTO BY MICHAEL BING

QC COVER PHOTO COURTESY KIRA NELSON PHOTOGRAPHY

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3G4.

Headline/Personnel editor: Jean Sharp is associate editor.

For advertising inquiries contact 386-6221; editorial 1-855-688-6557; home delivery 386-6202. Hours of operation are Monday to Friday, 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 1-855-688-6557.

IN THE CITY

#FEBRUARY 8, 2015 — 1:47 P.M.

Tea for two



Geor Barry Peterson enjoys a cup of tea under the flowers at the annual Malvern's Tea at the Regina Floral Conservatory. GC PHOTO BY MICHAEL PELL.

ON THE COVER

He's my soulmate ... I couldn't imagine my life without Graham. — Trefle Kolojaj

VALENTINE'S DAY

Love, Saskatchewan style

By Jenn Sharp

Two Roughrider cheerleaders fell in love on the field while cheering for their beloved green and white. Does it get any more Saskatchewan than that?

Trefle and Graham Kolojaj both joined the Roughrider Cheer Team in 2010. Trefle, now 24, was a student and cheerleader at the University of Regina. Graham's cheerleading start came a while a few years before.

A friend asked him to come out to practice — they needed an extra guy that day. He's been hooked ever since. Cheerleading challenges him in ways he never expected. Meeting your future wife wasn't a bad perk.

It's by far the hardest sport I've ever done. With cheerleading, there's always something new to learn, there's a good group of people, it's very physical," he says.

She begs on the team occasionally get picked on — for being taller in a female-dominated sport — but Graham says the girls always have their back.

"The big thing is winning the first ever on the Rader team," says Trefle. "Once you prove the skills that we need the guys for, that's what the crowd reacts to the most. We have a lot of fans now that are really accepting of the guys." Thanks to the men, the team can put on exciting derby shows, full of high beams and other stunts.

It's a huge commitment for the volunteers. Practice is every weekend with a mid-week one in Brandon (team members live in Regina and Saskatoon). Members meet at it on every Riders game, of course.

"We're performing for 40,000 people who are excited to be there and you get to feed off the energy of Rader culture, which is amazing," says Trefle, a former dancer.

On a regular game, I could be there. Trefle talking to me — you can't leave the person beside you. We get that on our game," says Graham. So — it's our job to entertain and we have a lot of



Trefle and Graham Kolojaj who met when they were both Rader cheerleaders, smooch by the South Saskatchewan River in Saskatoon, quenching an insatiable love.

Don't doing it."

Trefle and Graham didn't get to know each other until the 2010 Grey Cup, when the team was together for six days in Edmonton.

"Christmas, Xmas gave Trefle the first clue that Graham was special. Graham had visited Saskatoon and used it as an excuse to go to her room."

"I offered one to everybody in the room but the last happened to be the only person in the room at the time," he says.

"I thought, 'that was really nice and really out of his way to bring me this cinnamon bun from the mall. I wonder?'"

The two really hit it off at the after party, a softball affair after the Riders lost the Grey Cup. A week later, Graham went to Regina for what they call their "super date." It lasted eight hours. Hands of destiny in the Science Centre, looking like the cliché movie.

"I still like high school because he'd dream all the way from Saskatoon to come to Regina," says Trefle.

"At no point were we awkward or running out of things to talk about. Even when things were quiet, it was nice," says Graham.

They were both on the Rader Cheer Team the next year but it was a different dynamic because they lived in different cities, the only time they'd

see each other was at the mid-week practices — a reminder that blossomed in Division.

"You try and sneak off and catch up with the person and don't want to practice," says Trefle.

As the relationship progressed, Graham planned a meaningful proposal during a vacation in Hawaii. A weekend looks over a particular statue on Waialeale Beach. Trefle's grandma who is now deceased, sent the spot in the past to where at the family back home during the wedding.

Graham took her to the same spot where they sat on the rocks looking over the ocean. He got down on one knee and proposed.

"And the worse I could kiss a little bit," he smiles.

"Yeah, instant tears on my part, but now I can look on the webcam and see our rock anytime," says Trefle.

"He's my soulmate. He's my everything and I was made for a better person. I couldn't imagine my life without Graham."

Cutting the ring to Hawaii was another story. Graham didn't want to put it in his cheerleader's bag, so he stashed the ring in his sweater pocket. But Trefle got cold. Her house, she was wrapped up in his sweater all the while Graham seeing it out, worry that she would lose the ring.

Continued on Page 6

At no point were we awkward or running out of things to talk about. Even when things were quiet, it was nice.
—Graham Kolojary

"Somehow I didn't find it [Thomas Kien base] says Tindle. "He obviously played it well because I had no idea he was that nervous, either."

The couple took a break from the issue in 2011 when Tindle finished school and moved to Saskatchewan for a job at CIBC. They were on the train in 2012 performing eight-minute routines of one-stop shouting and dancing when the Riders was the Grey Cup.

When the clock hit zero, Kien had pushed up Tindle and spun her around in the blessed of green and white confetti. They ran to the stage where the Grey Cup was presented and took a selfie.

They got married last year at the Delta Saskatchewan in Saskatoon. A group of childhood friends hosted the couple into the air at the reception, and the Riders even made an appearance in their news.

Not everyone has the good fortune of love falling into their lap. Sometimes it takes a little extra work such as the screen of a matchmaker.

Hannah Halasani, a hairdresser at Saskatoon, is constantly matching up her clients.

"I set a lot of people up on dates. Almost every single friend of mine or client of mine would tell you that I've set them up on a date," she says.

Her clients don't always ask to be set up on dates either — she gets to know them all so well that it's easy to make the match. And sometimes she is in people's lives from their first date after a break-up or breakup. While she doesn't have a marriage match (yet), one of her couples have been in long-term relationships.

As a hairdresser, she is privy to much information. There's something about sitting in that chair that makes people open up.

"We listen a lot from people telling me how their dates went," she laughs.

The most common complaint she hears is that there's not a lot of options for finding dates in Saskatoon even besides online or in bars. It's also the talk to most people in your life and to

to get harder when you have kids.



Nicole Kolojary knew Graham was smiling when he brought her to the Grey Cup when they were in Saskatoon for the 2011 Grey Cup. (Photo by Michelle Ellis)



Graham and Nicole Kolojary celebrating the Grey Cup win in 2011. (Submitted Photo)

and you're into your career," says Halasani, who has been married for eight years.

The old recommendation to join an activity may not pan out so well if you don't take volleyball then have to play on a league for their month without meeting someone.

"We were about being open to what life brings along for you."

She said — she would like to start a singles networking group in the near future.

"I love the idea of love. I love human interaction. If you can be part of helping people be happy and love, it's the best feeling ever."



Hannah Halasani, a local hairdresser, has set up many of her clients on dates in her 14 years of work. (Photo by Michelle Ellis)

THE DOS AND DON'TS OF DATING:

DO

- Become comfortable with talking to new people. If you can open up a little with a stranger, you'll have a better chance of meeting someone.
- Be open to who might come along — it might not be who you were expecting.
- Be honest about who you are.
- Love and accept yourself; you'll be more open to finding someone who loves those same qualities.
- Try interactive activities, ask your co-workers if they know of anyone who might be a match or try reconnecting with childhood friends.

- Throw a party and ask everyone to bring someone single — at the very least, you'll meet new people or potential friends.

DON'T

- Try to please your date by agreeing with everything he or she says.
- Put pressure on someone to conform to your ideal.
- Try to present an inaccurate image of yourself.
- Lie or embellish.
- Get discouraged; there's someone for everyone.

halasani@delonghair.com
Twitter.com/halashan

At this point I knew this date was going nowhere. I mean, you don't steal my food when you tell me you're not hungry — Adina Taintanas

YOU SAID IT: Readers describe their worst first date

LATE, CHEAP AND CLUED OUT

This guy asked me out on a Monday night for a drink. He was pretty cute and super nice. He had asked me to come to a certain restaurant because he had a gift card — I thought he said "A GIFT CARD ON A FIRST DATE?" But when I to judge a gift certificate, so I said yes.

We went late for our date. But only by 25 minutes, so I let it slide and waited patiently for this man to arrive with this gift card.

He walks in and we hug and start chatting. The first thing he asked the server was what was on special. So we started off with the margaritas. All I'm thinking is "this dude is cheap!"

An hour passes and he's getting a little drunk and I decide it's snack time. I ask him if he wants an appetizer and he orders my favourite. I ordered a small one for myself. When it came to the table, he started making it and ate half of it. He kept saying how good it was. At this point I knew this date was going nowhere. I mean you don't steal my food when you tell me you're not hungry.

Next, I go to the bathroom and when I get back I discover he had ordered a bottle of wine. This date was never ending. We proceeded to drink the wine, and everything was fine. We continued to talk about work events and boring stuff and he complimented me lots, which was nice. I started to second-guess his appearance as a red flag.

When it was time to bid the bid he said, "Can you split the bill in two?" Oh, and put half the wine on each bill. When the server brings the bill, my bill was \$50 — he had ordered a very expensive bottle of wine. Not only did this guy make me put up with his gift certificate, he ordered wine and ate half my appetizer. I also topped 40 per cent duty in case he didn't tip our server. This was a very expensive Monday.

Suddenly this guy asked me out again and I had to decline. When I explained to him that he was really cheap, he was in denial.

Two weeks later he wrote me a text that said: "Can I ask you out on another date? I'll even pay this time."

Get bent, buddy. I still to this day want to know how much was on that gift card that I was never a part of. — Adina Taintanas

NO, NOT THE HORSESHOE BALDY

He was the man of my dreams! He had common interests, plus he was very attractive and my age.

We made arrangements to meet at a coffee shop. I had tested him when I left home, so he would be able to recognize me. He responded by letting me know he would be sitting near the back and that he might be chatting with his neighbour, who he had seen when I arrived.

I arrived just a few minutes late. The place was almost full, so it took a minute to scan the room and find him. After a few minutes of looking, I saw this man in the very back corner wearing a smile and looking right at me.

That just isn't be him, I thought. That had to be the neighbour he had spoken about. He was 30 years older than his picture, his nose bulb had points pulled up as he was sipping all the "twigs" and a tight green rough-wear shirt tucked in.

I walked up to him awkwardly smiling, praying that it was not him. He introduced himself as my next, was literally pointing out of my chest when I realized this person was not the man of my dreams at all.

I had to come up with something quick. I told him I had forgotten my phone in my car and would be right back.

So I awkwardly walked out the door then as soon as I was out the door literally ran to my car and never returned.

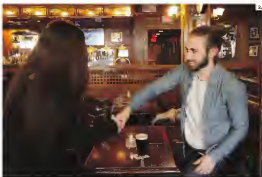
What a liar. He was nothing like his picture! I didn't feel bad for one second for leaving him there all alone when he had told me like that. Unbelievable.

— Mendi Cook

MELLOW ME

I ordered the steak. She got drunk. I went to give her a kiss at the end of the night. She scratched me. She was a cat.

— via Twitter @chris209



He was 30 years older than his picture, horseshoe bald head, pants pulled up so high showing all the "bulges" and a tight green Roughrider shirt tucked in! — Mandy Dyck

ONE DATE WAS ONE TOO MANY

A few years ago, I went for tea with a guy I hadn't met online. We began to talk about current events and the conversation turned to the Israel/Palestine conflict. He went on a rant about how evil Israel is, which then led to an hour and a-half lecture on his part about how the Holocaust never happened. I just began to ask about how the six million number was made up, that the camps were 10,000 number they were just work camps. And the reason there are all these movies about it is because "the Jews even Hollywood

Further evidence of the worldwide conspiracy was the fact that if you even question the Holocaust, you get called out to jail.

I sat there in shock. My brain was doing gymnastics, trying to understand what was going on. He couldn't possibly say what it seemed he was. It is so good to be able to have someone to talk to about this. If I try to talk to other people, they won't let me," he said.

The thing is I'm somewhat of a Holocaust scholar. I've watched countless movies and documentaries (including all eight hours of Shoah), read scores of books and articles and taken several university

classes. But I was speechless.

I interrupted a couple of times, trying to change the subject or to explain why people act apart when you question the existence of a significant principle, only to be cut off as he continued to rant. There wasn't much to say anyway. How do you try to convince someone that a major historical event did in fact occur?

Afterward, I considered adding, "Must believe that the Holocaust actually happened" to my online profile. I shut it down instead.

— Sabine Cataldo

IT'S NOT ME, IT'S YOU

I have had some good dates. But the worst one would have to be with a woman I met online who was very pretty in her pictures.

I decided to meet with her at a lounge. I arrived earlier than I had the bar and sat down at a table and waited. All of a sudden, a woman walked up to me and asked if I was Tim. I said, "yes, do I know you?"

Apparently it wasn't. Let's just say her pictures were from a better time in her life. So I apologized, sat her down and bought her a drink.

THE PROGRESS OF A BAD DATE



MUTCHMOR LODGE

Seniors Live for Less
A safe comfortable environment including:

- Suites and individual rooms
- 3 Nutritious meals and snacks served daily
- Assigned dining room seating
- Light housekeeping daily
- Weekly bed linen changes
- Staff on-site 24 hours a day
- Planned daily recreation
- Power, heat, water included
- Wheelchair accessible

Units available
now as low as
\$1,352.00
per month

Visit us at:

328 Century Crescent

Regina, SK S4T 6M1

Phone: 306-552-8034

Fax: 306-522-7119

Email: mutchmor@saaktel.net

www.mutchmorlodge.com

REGINA BLUES ASSOCIATION

**Regina Blues Association's
Mid-Winter Blues Festival**
February 23-25

Featuring Rick Squire and the Night Cats, Tinsley Ellis, and Rick Wile and the Lucky Devils

All tickets available at Casino Regina box Office
all festival information is at www.reginablues.ca



LANCASTER TAPHOUSE
UPCOMING EVENTS

LETTERBELLER **THE PROJECT** with MORGAN MATTHEW

LETTERBELLER **THE PROJECT** with MORGAN MATTHEW

LETTERBELLER **THE PROJECT** with MORGAN MATTHEW

LETTERBELLER **THE PROJECT** with MORGAN MATTHEW

LETTERBELLER **THE PROJECT** with MORGAN MATTHEW

LETTERBELLER **THE PROJECT** with MORGAN MATTHEW

LETTERBELLER **THE PROJECT** with MORGAN MATTHEW



LANCASTER
TAPHOUSE

430 COLLEGE AVENUE

WWW.LANCASTERTH.CA

REGINA, SASKATCHEWAN

1-877-777-7777

I laughed and reminded myself that perhaps I needed to trust my instincts more when dating.
— Michelle Hughes

THE PROGRESS OF A BAD DATE



I started asking questions about her and she asked about me. For about the next 30 minutes I rattled off stories about her female roommate that left her for a man after 12 years together (I think she might have been a closet lesbian) and how she worked at a bar that hasn't been around in 20 years.

After about a half hour of not trying to make eye contact, I had to go get my kids — if you know what I mean.

I have had several more than that have just been terrible.

One lady laughed every three seconds and kept telling me to shut up.

Another one did not talk.

One girl pulled my ear a piece of s*** she did not own a vehicle.

A different girl looked at me like she was going to slit my throat when I wouldn't let her pay the bill.

And the last one was ending shots for herself like I was Donald Trump!

Another girl I actually may have dated. But she biting lip to hard one night I told I'll show down with the best of them but when you start chewing on my face that's a real breaker.

Have since left the online dating world. I will stick with my good looks and great smile.

— Evan McQuinn

NO HOUSE CALL FOR YOU, DOC

After encouragement from friends, I signed up on Plenty of Fish to try online dating. One night while scrolling through the message list, of course with a girlfriend, she recognized one of the profiles. She encouraged me to contact him, having known him as a good-looking, super sweet and established doctor she had dated about 10 years earlier.

While he didn't really answer my type from his



profile, I tried to keep an open mind. We messaged back and forth for a couple of weeks and then he asked me to lunch. As soon as I walked into the restaurant, it was obvious he was not my type.

He stuttered nervously as we spoke, and since I knew the chemistry was not there, I decided to look at it as a practice date. Midway through the lunch he leaned over and said he had to confess something to me.

He was seeing someone named Angie that he had met, according to POF. He went into great detail about their dates and how she had been to his house and he had cooked her dinner and got "accrased."

Not sure whether to be excited that this was an excuse or instead that he was picking this other woman. I asked him why he had to ask me to lunch. He said I was so beautiful that he just had to meet one in person.

I left him the rest of my lunch as quickly as I could and used the "my wife is up and" excuse to get out of there. Next, he asked if he could keep in touch. I replied, "Good luck with Angie."

A few weeks later, my girlfriend called me mid day and whispering into the phone. She was hiding behind a coffee shop at Wilmore — she had run into the doctor she had encouraged me to go on that date with.

"He just asked if we're serious," she said and hung up. I laughed and reminded myself that perhaps I needed to trust my instincts more when dating.

— Michelle Hughes



Serving Regina
for over 30 years.

EXCESS INVENTORY SALE

"This is **THE** Opportunity of 2015 for a new furnace installed for \$2388*."

We are helping 24 homeowners by "Giving Away" \$5500 furnaces for \$2388* with purchase of off-Season Air.

These are brand new models, NOT seconds or "blem" or standard "blander" models. They are factory-fresh, premium furnaces and air conditioning units with a full factory warranty.**



If your furnace is over 10 years old, you can replace your old inefficient furnace and air conditioner as a package for less than you would pay any other time of the year.

Call 306-522-0775 today. A home comfort advisor will come out and measure your home and determine your perfect system.

Plus, these Energy Star® rated systems qualify for **Rebate plus 2% financing. Ask us to help!*****

FREE GIFT
valued at \$155

just for having an appointment with one of our comfort advisors

Act now! There are only 24 systems remaining! When they're gone, this offer ends!



306-522-0775
www.MackenziePlumbing.com

915 Fleury St

*New York State rebate on ENERGY STAR off-peak gas furnace with a rebate of up to \$2000 (max rebate \$1500) with the purchase of a product(s) 2015. **See website for details. ***Manufacturer of the financing company. Mackenzie is not a participant in the government or state rebate programs. See website for details. See the Energy Star website for details. See the Energy Star website for details.

MUSIC

WE'RE ON FACEBOOK: Visit us at
Facebook.com/qcregina

COVER BAND

The Milkman's Sons found fountain of youth

By Ashley Martin

Frank Zappa. Jay Z. The Blues Brothers. B.B. King. Prince. Pete Dinklage.

The Milkman's Sons have two things in common with all of them.

They're musicians for one thing. They're also each taken the stage at Chicago's famed House of Blues Grained, the Aspen cover band played the venue's secondary stage as the main act, The Tinseltown Hips played upstairs.

"It was once more than what we were expecting," said Mickey Kapchuk, rhythm guitarist and vocalist for the band.

They gained some new fans from Whistlers and Blues Grained a year ago by the manager to be asked back sometime soon during their Jan. 15 performance, even though they didn't bring their full production which includes backdrops, laser lights and smoke machines.

Performance is a big part of the show. As much as the music is, the visual aspect and the entertainment part of it has to be there as well," said Ken Kapchuk, Mickey's brother, the band's lead vocalist and bass player.

They interact with the audience and tell a lot of jokes. "Our band really doesn't start sounding good until you've had two drinks," said Mickey. "After six drinks we start to look like the Rolling Stones." Ken always says "make sure to tip your waitress, but don't tip her over."

Even their name is a joke — taken from a song by Lyle Lovett. When it came to their childhood dream.

"To get at the other sibling when you were mad," said Ken. "Well you were adopted or you're the milk man's son. Just kind of thing. It seemed to fit."

Their parents are deceased, but "they would get a real kick out of it," said Mickey.

The Milkman's Sons has been a live place for little more than a year, when David Margolin joined as any boards. Geoff Gilbert is the current



The Milkman's Sons are (left to right) Carol Kingston (keyboards), Geoff Gilbert (lead guitar), Ken Kapchuk (lead vocals and bass), Mickey Kapchuk (drums) and Mickey Kapchuk (rhythm guitar and vocals). Submitted by owner.

lead guitarist was drummer Terry Austin has been there since the beginning, about three years ago.

For Ken that is a soundness fullness with music life give up playing the bass once he started playing kids.

For Mickey this is first time.

He was supposed to play guitar past four years ago, when his dad started learning guitar in a high school class.

One day at home, Mickey picked up his dad's guitar, pulled up a Led Zepplin song called and started teaching himself the tablature.

When he started jamming with a pay band of novice players, he met Anika. Both preferred rock music, so they branched off to start their

own band.

There's when Mickey started grinding Ken to pick up the bass again. After a month of grinding, Ken passed their jams.

It spanned from there. The Milkman's Sons plays classic rock, country and punk, performing its typically four-hour shows by each genre.

What we're trying to do is come up with these two songs that each person is going to like," said Mickey. "This is why we try to mix up the music a bit."

"The other 18 songs we do they're our going to remember what we did," he added with a laugh.

With everything they play they try to pay tribute to the song's origin and meaning.

"People come out and they want to rub their youth again," said Mickey. "We're going to try to recreate those songs as close as possible to what they sound originally."

Just as their act last runs the parent, so does their audience. The band members themselves, however, are all in their 30s, typically entertain everyone from 20-somethings to senior citizens.

"We've had a lot of people really want to see us do well because they all wish they could be doing it, taking up a guitar late in life and getting out and having fun," said Mickey. "We're acting like a bunch of 20-year-olds with 30-year-old heads on our shoulders."

In at least one case, they've spread their older people to pick up

an instrument. A friend of Ken's had stopped playing guitar years ago, started taking the band perform. He has picked up his guitar again.

"I like saying to them, 'Look at me you can do this at any age, just do it. Just make your mind up.' And that's what I want to do is inspire somebody," said Ken.

"Music is the fountain of youth. I'll never give it up again. I'm going to be doing this whether it's in the old kids house doing outside sessions when I'm 80. It's just been too much fun."

The Milkman's Sons are playing Feb. 15 at Moose Jaw as part of the Southern Tourmaster of Hearts in the

in the
www.milkmanbands.com
Twitter.com/qcregina



FEBRUARY IS CERTIFIED



Month!

FEBRUARY 2015
LEXUS & TOYOTA
FINANCE RATES
AS LOW AS 1.9%*
*SEE DEALER FOR DETAILS



OTHER QUALITY PREMIUM USED VEHICLES



Paul Delaney
pdelaney@taylortoyota.com



Mike McLaughlin
mmclaughlin@taylortoyota.com



Bob Patterson
bpatterson@taylortoyota.com



Nate Brown
nbrown@taylortoyota.com



Scott Brown
sbrown@taylortoyota.com



Michael Brown
mbrown@taylortoyota.com

TAYLOR'S USED VEHICLES
605 BROAD ST.
306-569-8777
SLA 515466
www.taylortoyota.ca

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Feb. 11

Valerie Hall (multi-media)
10:00-10:50 p.m. Blessed Sacrament
Church, 3049 Seagriff St.

Wednesday Night Poets Tami Davis
and Anna Ray
Bushman, 2226 Dewdney Ave.

The Alay Dweigs
Leneah's Tavern, 2330 Albert St.

Megan Neesh
Creative City Centre
1643 Hamilton St.

Thursday, Feb. 12

Music from the 24th Century
Second Wind Woodwind Quintet
room, U of R Riddell Centre Shop-Sex
Theatre

Country Gospel Singalong
7 p.m. Our Lady of Peace Church, 425
Boswell St. N.

Live music
Big Badger, 1852 Seagriff St.

The Valentines
The Pump, 661 Victoria Ave. E.

The Paralelps
O'Harra's, 1841 Seagriff St.

Matthew Syme
The Club at the Exchange
2431 Eighth Ave.

Friday, Feb. 13

Ask Priities
100A, 1475 Toronto St.

Open Jam
6-11 p.m. Eastview Community Centre,
618 9th Ave.

Weekly Drive Down
Instruments provided
7:30-9 p.m. The Living Spirit Centre,
3210 Dean Dr. Call Mike: 308-850-
2911.

**Ensemble, live readings, Brown
Bread, Volody, Black Crown**
The Exchange, 2431 Eighth Ave.

Hike of Bones Black Band
7:30 p.m. La Brea, 1180 St. St.

The Valentines
The Pump, 661 Victoria Ave. E.

Steve Gibson Band
Edmonton, 2300 Dewdney Ave.



Corbie Johnson and Big Sugar return to Regina on Saturday.

Gates of Dawn, Melissa Galters
O'Hara's, 1841 Seagriff St.

J/Vision
McNally's, 2226 Dewdney Ave.

Saturday, Feb. 14

Open Acoustic Jam
3:30-6 p.m. Broadway's Lounge, 1307
Broadway Ave.

Jam session
4-6 p.m.
Elks Lodge, 4915 St. Ave. N.

Romania
Regina Symphony Orchestra Music
Masterworks
8 p.m. Concerts Arts Centre, 200
Lakeshore Dr.

Brussels à la Roma, Matthew Light
Artful Dodger, 1531 11th Ave.

Riz Seeger
Casco Regina Show Lounge

1800 Saskatoon Dr.

Steve Gibson Band
Edmonton, 2300 Dewdney Ave.

The Project Ft. Morgan Mayer
The Exchange, 4279 Gordon Rd.

The Valentines
The Pump, 661 Victoria Ave. E.

Darcy Playground
Broadway's Lounge, 1307 Broadway
Ave.

**A.Ramoth, Na Chitroon, Paybonan,
Athen of Draf**
The Exchange, 2431 Eighth Ave.

Break Down Party Band
McNally's, 2226 Dewdney Ave.

Sunday, Feb. 15

Open Jam
Every Sunday 3-6 p.m.
Maze Club, 324 Victoria Ave.

Monday, Feb. 16

Nothing we know of

Tuesday, Feb. 17

Kawaka McNally's 2226 Dewdney Ave.

Tom Cochran
Casco Regina Show Lounge
1500 Saskatchewan Dr.

VISUAL ART

Undergrowth: Brandon Schick
Invited to exhibit patterns influenced by
nature's creatures delicately rendered
in graphite.
Opening reception: Feb. 12, 5-9 p.m.
Feb. 13-March 21. State Fine Art Gallery,
2078 Halifax St.

**Sandra Kline's It's All About Sea-
shellchen**
Saskatchewan landscapes in vivid
colour and dynamic lines. Organic
patterns capture a sense of motion
that is evocative of her experience of
life on the coast.
Until Feb. 23. Village Gallery, Creative City
Centre, 1643 Hamilton St.

Hidden in Plain Sight
A visual conversation between two
artists, Ann Kline and Anna McNally,
who share a sensitivity and an
appreciation for the ephemeral.
The show includes 60 small paintings
and mixed media works.
Until March 4.
Art Gallery of Regina, Neil Salkeld
Circle Arts Centre, 2432 Edgemont
St.

**Landscapes and Sky, People and
Place: Contemporary Canadian
Fine Art**
The Artists of Scott Nicholson Fine Art
Until March 22. Government House,
4400 Dewdney Ave.

Materialists
Works by 24 British artists of different
ages, from a variety of disciplines
and cultural backgrounds, using both
traditional and new media to reveal
the senses with bright colours and
decorative motifs.
Until April 5. Duffell-Central Gallery,
200-12th Ave.

Intimate Details in Textures
A collection of 10 framed prints on
archival endpaper photographic
paper through the camera lens, the
artists have probed and explored
tactile elements in the everyday

world to share, inspire, create and
compel us to see beyond that
which is in front of us and to experi-
ence a powerful visual impression
and examine more deeply the notion
of sensuality.
Until March 21. Artful Dodger, 1531
11th Ave.

Panacea of Instant
In this moment (public or private?)
Recorded or unrecorded? Intimate
or anonymous? More than ever,
how we see ourselves is inseparable
from how we are being seen. Art by
Vancouver artist Ann Lam.
Until April 5.
Middlebrook Art Gallery, 3475 Albert
St.

**Landscapes and Sky: Contemporary
Canadian Fine Art**
The Artists of Scott Nicholson Fine Art
Until April 30. Regina Centre Cross-
ing, 1621 Albert St.

Art Gallery of Regina
Neil Salkeld Circle Arts Centre
2432 Edgemont St.
Open Monday to Thursday 11 a.m.-7
p.m., Friday to Sunday 1-5 p.m.

Andrius Gallery
2266 Smith St.
Open Tuesday to Friday, 10 a.m.-7:30
p.m., Saturday 10 a.m.-5 p.m.

Matt's Gallery
[Formerly Mykolas] 106-2300
Broad St.
Open Tuesday to Saturday, 11 a.m.-6
p.m.

Neatline Ground
4225-100A Seagriff St.
Open Tuesday to Saturday, 11 a.m.-5
p.m.

Nouveau Gallery
2146 Albert St.
Open Tuesday to Saturday, 10 a.m.-5
p.m.

Oakland Oil and Piss Arts
Oil and ink paintings by Chinese arti-
st Liu Lingbo. Along with the piece, 1981,
2327 10th St. N. Open Monday to Sat-
urday 10 a.m.-5 p.m.

COMEDY

Art on Film Comedy Film screening
Featuring Saskatchewan-made
comedy films: Over the Fence, 1981,
the 661, Justin Ludwig, Tim Thiemmer
and a performance by Ted Carmade.
Feb. 13, 9 p.m.
Artful Dodger, 1531 11th Ave.

EVENTS

The Laugh Shop
Live standup every Saturday
night, 9:30 p.m.
Barracks Hotel, 98-B Victoria
Ave.

PERFORMANCE

Lead Me a Tender
Regina Little Theatre
Feb. 11-14, 7:30 p.m.
Regina Performing Arts Cen-
tre, 3077 Argyle St.

A Night at the Improv
An evening for high school
students to experience
professional improvisational
theatre. Register at Lutherale-
ban.org
Feb. 12, 8-10:30 p.m.
U of L Luther College Auditori-
um

The Last Five Years
Presented by Golden Apple
Theatre, starring Kaitlyn
Simpole and Leon Willey. It
explores a five-year relationship
in chronological order, while
the women sit to tell in reverse
chronological order. \$35.
MFH Feb. 14, 8 p.m.
The Artscape, 2627 13th Ave.

DANCING

Friday Night Dancing
Hosted by Adult Social Dance
Circle. \$5 per couple includes
tea and coffee.
Every Friday, 9-10 p.m.
at Valley & Argyle Church.
3337 15th Ave.

Valentine's Dance
Feb. 14, 8-10:30 p.m.
Elks Lodge, 4955 1st Ave. N

Retro Dance Party
McCarthy's, 2226 Broadway Ave.
Feb. 14, 9-11 p.m.

SPORTS

Track and Field
U of R Cougars Indoor Games
Feb. 13-14, Fairview, 1717
Elphinstone St.

Regina Pats vs. Swift Current
Feb. 13, 7 p.m.
Barracks Centre, 98-B Place

Women's ice hockey
U of R Cougars vs. U of S



Kaitlyn Simpole and Leon Willey star in Golden Apple Theatre's *The Last Five Years*. (C) photo by Don Heuer

Feb. 13, 7 p.m.
Co-opers Centre, 6041
Place

Red Bull Kite Firm
(Endurance kiteboarding event
(lake and seawater)). North
American riders will compete
against Saskatchewan talent.
In a minimum 50km cross-
country race, winners receive
an all-expense paid trip to
Barrow to represent North
America at Red Bull Stormfest
in April 2013. Free for spec-
tators.
Feb. 14, 10 a.m.-4 p.m.
Three minutes northwest of
Regina off Highway 10

Regina Pats vs. Brandon
Feb. 14, 2 p.m.
Barracks Centre, 98-B Place

FOR FAMILIES

Stamps and Strollers
Wednesday, 1 p.m.

Campfire Caden Bookland
Mar. 30, 25 Gordon Rd.

Bake & Difference
Combining baking through
baking, spread kindness with
a cookie.
Wednesday, 5-7 p.m.
Sweet Ambrosia Bakeshop,
232 Winnipeg St. N

Draw-in-a-Minute and Jam
Free event for youth aged
8-18. Thursday, 4-6 p.m.
Saskatoon Community Centre,
615 6th Ave.

Drop In Indoor Playground
Friday 9-11:45 a.m.
South Lethbridge Centre, 170
Sunset St.

**Mom and Tot Book Meet-
ings**
Hosted by Kate Murray, 308-
26-231.
Friday 10-10:30 a.m. Early
Learning Family Centre, 300

Collegegate, 3380 7th Ave.

Built and Grow Clinic
Build a special feature project.
For children ages 9 and up
Saturday, 10 a.m.
Lewers, 4555 Gordon Rd.

Michelle's Kite Club
Saturday, 10 a.m.-noon
2080 Prince of Wales St.

Family Favorites Films
Enjoy a favourite film for free
\$2.50
Saturdays, 9 a.m. Galaxy Cin-
emas, 430 McCarthy Blvd. N

Family activities
Saturdays and Sunday, 2 p.m.
Saskatoon Jewish Synagogue Cen-
tre, 2933 Powerhouse St.

Parent and Preschooler
Angie Gye
Monday, 9:30-11 a.m.
All Saints Family Wellness
Centre, 445-445 Ave.

Family Studio Sundays
Sunday 3-4 p.m.
Interactive Art Gallery, 2670
Albert St.

Science Time for Kids
Interactive workshop aimed
at early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Cen-
tre, 2933 Powerhouse St.

Drop-in arts and gym
Free event for youth aged
5-18. Tuesday, 4-5 p.m.
Cathedral Community Centre,
615 6th Ave.

MUSEUMS

Alta Youth School Museum
1600 Fourth Ave.
Turn in appointment only
(306-533-3000).

Civic Museum of Regina
1375 Elwood St.
Tuesday-Friday 10 a.m.-4 p.m.
Saturday noon-4 p.m. Closed
Sunday and Monday

Government House Museum & Heritage Property
4567 Broadway Ave.
Tues. 9 a.m., Thurs. 4 p.m.

RCMP Heritage Centre
5607 Broadway Ave.
Open 10 a.m.-5 p.m. daily

Regina Firefighters Museum
1255 Ross Ave.
Turn in appointment (306-
777-7214)

Regina Floral Conservatory
1605 4th Ave.
Open daily, 9 a.m.-5 p.m.

**Royal Saskatchewan Mus-
eum**
2643 Albert St.
Open 9:30 a.m.-5 p.m. daily

**Saskatchewan Military
Museum**
1620 Elphinstone St.
Open Monday and Tuesday,
9-9 p.m. or by appointment
(306-367-3345)

**Saskatchewan Science
Centre**
2933 Powerhouse St.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and hol-
idays noon-5 p.m.
Closed Mondays

Saskatchewan Sports Hall

of Peace
2305 Victoria Ave.
Monday-Friday 10 a.m.-4:30
p.m. Closed weekends

OTHER HAPPENINGS

**RCMP Sergeant Major's
Parade**
Wednesday, 12:45 p.m.
RCMP Depot Division, 5509
12th Ave.

A Taste of Big Ideas
U of S sponsored Gordon Barr-
acks features at the Canadian
Club luncheon
Feb. 11, noon
Tel: 306-477-4771 Alt. B1

Senior Power Meeting
Guest speakers: Milt Scott
and Ben Linder (Chairman
Society of Canada).
Feb. 11, 1:30 p.m.
Cathedral Neighbourhood
Centre, 2933 10th Ave.

8 a 7
Network, socialize and have
fun in a friendly environment.
Drinks and food available.
Feb. 12, 8-10 p.m.
U of R Language Institute
room 216.

**Freestyle Cancer Support
Group**
Feb. 12, 7 p.m.
Canadian Cancer Society,
1400 McIntyre St.

Volunteer's Walk
Fundraiser for Canadian Men-
tal Health Association (Regina
Branch) and subcommittee
towards Feb. 2013. Call
Allen Heiskan (306-775-7842)

**Cookbook 6 p.m. supper 7
p.m. live and silent auction 8
p.m. dancing with music by
Carmel 6:45 p.m.**

**Delta Hotel, 975 Saskatchewan
Ave. St.**

**Tanzer Saskatchewan's
Winter Carnival**
Outdoor. Pond hockey, road
hockey, skating, skiing, ice
cycling, beer garden, indoor
music and entertainment.
Feb. 14-15

**Straw Lake near Canoeists
Arts Centre, indoor activities
at Canoeists Arts Centre. Visit
www.strawlake.com for more infor-
mation.**

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com



Red Bull Air Race is an endurance bity (boards aren't fixed, just really cool) held on Feb. 14 off Highway 19

Pinot Club

Come practice and improve your spoken French in a relaxed, friendly atmosphere Feb. 16, 10-11:30 a.m. U of R Language Institute Building room 2104/1030-016

Red Bull Kite Fren

Endurance kiteboarding event (old and snow-board). Also on site: snow slicks, slush mats, concessions, merchandise, washrooms, heated warm-up tents, bonfire Feb. 16, 12 noon-4 p.m. Three minutes north-west of highway off Highway 11

Medieval Hungarian King's Feast

Medieval music, candlelit dining, no forks or knives, eat with your hands like the kings did. \$30 for

adults. Call 306-523-6822 for tickets Feb. 16, 10:30 a.m. to 5 p.m. and 6 p.m. Hungarian Club, 1925 McLean St. **Teddy Bears Anonymous Stash Night: Pandemic**

Tickets \$25 sold in advance. Contact Julia Lewis for tickets (not on Jan. 16) or call 306-523-6822. Includes drink, salad, potato, pint of beer Feb. 16, 5-8 p.m. The Tap, 4245 Scotchdale Blvd.

Arctic Adventures

Family day event featuring ice skating, snow shoe course, sled dog demo, archery, and survival and search and rescue, pilot's booth crafts, snowmobile hunt and free pancake

breakfast Feb. 16, 11 a.m. - 4 p.m. RCMP Heritage Centre, 5567 Dewdney Ave.

Nature Regio event

Kim Minn and Ted Mann, Redhead Park, a North West Regina storm water retention pond. Kim and Ted have been photographing the birds and other wildlife at this pond for over five years Feb. 16, 7-10 p.m. Call 306-763-1444 for tickets, 2903 10th Ave.

Pancake Supper

Enjoy pancakes and soup, then savoury pancakes, soups and a whipped cream. Gluten-free pancakes will be available on request. \$18.50 for adults, \$5 for kids and under. \$25 for a family. Call 306-

545-2556 for tickets. Feb. 17, 4:00-7 p.m. St. James Anglican Church, 1925 Empress St.

ChurchDay Challenge

Drop-in gathering of drop-inners and enthusiasts. Every Tues., 9 a.m. - mid-night. Ferny Plaza, 545 Albert St. W.

FILM

Levittown (Drama)

Kobi (Ashley Jankelson) runs an auto repair shop in a small town near the Soviet Sea in Northern Russia, right next to the house where he lives with his young wife Lilya (Daria Litvinova) and his son Boris (Semyon Fedorov). When the town's corrupt mayor Vadim Shalevyst

(Steven Moushey) threatens to take away his business, his house, his land, Kobi fights to save the security that has surrounded him since the day he was born in Ukraine with English subtitles.

Independent Videos

Bad Feminist brings together short works by international filmmakers from a variety of backgrounds. Featuring short films and videos by Lina Eppur, Mira Vana, Nigredo Mapi, Chase Ayer, Dana Eisman, Duff, Benjilic, Noelle Dandridge, Eugene Chiche, Rachel Zaif, Jennifer Chan, Dani Levittown, Michele Pearson Clarke, M. Nelson and Ryan Scheide Beaver Feb. 16, 7 p.m.

VANCOUVER FILM SCHOOL

THE RESULTS ARE MAGICAL

BUT IT'S NOT MAGIC

13 PRODUCTION GRANTS AND SCHOLARSHIPS

WE'LL USE IN PICTURES
Thursday February 12th
See you out there

vfx.cfsa.bc.ca



Introducing the 2015 Valentine's Day Collection featuring the FOCUS VIBE 30. 18K WHITE GOLD diamond charm. Exclusively at select PANDORA Stores

PANDORA® STORE
CORNWALL CENTER
306-563-1370
canadajewellery.ca

See us at the upcoming 100th Anniversary Photo Exhibition

Free Gift With Purchase February 9-13

Receive a PANDORA pink candle with your purchase of \$150 or PANDORA jewellery*
*Three limited time, one-of-a-kind supplies total. Limit one per customer. See store for details.



EVENTS

Tru Love (Drama)

Tru, 37, is a serial bob-hopping lesbian who cannot commit to a relationship or a job for long, until she meets beautiful widow Abbie, 60, the mother of Tru's friend Suzanne. Suzanne, who has a complicated relationship with her mother and a complicated past with Tru, becomes increasingly alarmed at the growing bond between Tru and her mother. Tensions escalate after Suzanne witnesses an intimate moment between them. The time to sabotage the budding romance, but it backfires, as Tru Love is hurt to learn.

Allyson Public Library Theatre
334 12th Ave. / 306-777-6704

Island of Lemons: Madagascari

(Documentary)
Join scientist, Patricie Wright, on her lifelong mission to help endangered lemurs survive in the modern world. Narrated by Morgan Freeman.

Flight of the Butterflies

(Documentary)
Join hundreds of millions of butterflies on an amazing journey to a remote lake away in the mountains of Mexico.

Journey to the South Pacific

(Documentary)
Narrated by Cate Blanchett, this is a breathtaking adventure to the lush tropical islands of remote West Papua, where life flourishes above and below the sea. Join Jane, a young island boy, as he takes us on a journey of discovery to this magical place where we encounter whale sharks, sea turtles, marine life, and other iconic creatures of the sea.

Interteller (Sci-Fi)

A group of explorers make use of a newly discovered wormhole to surpass the limitations on human space travel and compare the vast distances involved in an interstellar voyage. Directed by

Christopher Nolan.

Karen Anse
2602 Powerhouse Dr.
306-522-5229

#NEW MOVIES**Fifty Shades of Grey**

Drama
Anastasia Steele (Dakota Johnson), 21, is studying at Washington State University. She takes a writing assignment for the school paper to interview Christian Grey (Jamie Dornan), a 27-year-old successful and wealthy entrepreneur. They begin a relationship. She learns he is into BDSM and asks her to sign a contract consenting to dominance and submission and tells her their relationship will not be romantic.

Kingsman: The Secret Service

Action
Gary "Ezra" Unwin (Taron

Egerton), a delinquent street kid, is recruited into a secret spy organization's ultra-competitive training program by veteran agent Harry Hart (Colin Firth), who knows his father. When Egerton sees Harry use high-tech weapons to single-handedly take on a gang of thugs, he learns how he can find the rigorous training program, hoping to secure a position as an agent.

Galaxy Cinema

4210 Murray Blvd. N.
306-522-9958

Cineplex Odessa

Southland Mall Cinema
3033 Garden Rd. / 306-545-3363

Reelbow Cinema

Golden Mile Shopping Centre
2806 Abbott St. / 306-350-5250

Books belongs as a free community service offering QC listings online, printed, or on your phone. Please contact us if you need a book before you need it.



Spent Wednesday night with Megan Rabbat at the Creative City Centre. PHOTO COURTESY AL LARSEN

Valentine's Day Dinner

Saturday, February 14th

5 pm - live seating at 5 pm

\$60/person

Includes a glass of sparkling wine & live music.

Call (306) 525-7570 for reservations

Plus enjoy our new 599 Room Special.

WILD SAGE

RESTAURANT & BAR



WILD SAGE
RESTAURANT & BAR

Located in the DoubleTree by Hilton® Hotel and Conference Center Regina

Special Menu

Course Selection

Wine: Pinot or Red Wine with a Glass New Course

Appetizer: Seared Scallops & Potatoes with Garlic Butter Sauce
Main Course: Grilled Salmon with Potatoes & Asparagus

Lemon and Sage Sauce

Sauce: Chopped Potatoes, Chicken Breast, New Course, Gravy, Sauce, Apple & Fig Compote, Chopped Applesauce

Wine: Pinot or Red Wine with a Glass New Course
Main Course: Grilled Salmon with Potatoes & Asparagus

Wine: Pinot or Red Wine with a Glass New Course
Main Course: Grilled Salmon with Potatoes & Asparagus

Wine: Pinot or Red Wine with a Glass New Course
Main Course: Grilled Salmon with Potatoes & Asparagus

Friday Special Coffee in Tea

SHARP EATS

CHERRY BERRIES ON A CLOUD

Recreation of the tit, this beautiful whipped meringue, topped with bright red cherries, was a staple on my house. Mom always made it when she hosted a dinner party or on special occasions. It's time relevant to make though — give yourself two days before you want to serve it.

Recipe courtesy of Whimsy More Recipes from the Heart of Kindness, Volume 1, some leeds/leeds.com 1984 © Adapted with publisher permission.

Serves a whole party

MERINGUE

6 egg whites

1/2 tsp cream of tartar

1/2 tsp salt

1 1/2 cups sugar

FILLING

1 1/2 oz. portage cream cheese, soft-cream

1 cup sugar

1 tsp vanilla

2 cups whipping cream, whipped

2 cups miniature marshmallows

TOPPING

1 lb. mix cherry pie filling

1 tsp lemon juice

2 cups sliced frozen strawberries



Fuffy whipped meringue and bright red fruit make this classic dessert, *Cherry Berries on a Cloud*, perfect for a Valentine's Day pick-up. (C) PHOTO BY MICHELLE REED

TO MAKE MERINGUE:

1. Heat oven to 275°F. Grease 9x13 pan.
2. Beat egg whites, cream of tartar and salt until frothy. Gradually beat in sugar. Beat until very stiff, about 15 minutes and spread in pan.
3. Bake one hour. Turn off oven and leave meringue in oven overnight or 18 hours.

TO MAKE FILLING:

1. Mix cream cheese with sugar and vanilla.
2. Gently fold in whipped cream and marshmallows. Spread over meringue.
3. Refrigerate overnight or 12 hours.
4. Cut into serving pieces and add top.

TO MAKE TOPPING:

1. Stir pie filling and lemon juice into thawed strawberries. Warm if it does.



Jenn's Raw Chocolate Pudding Parfait © Photo by Michelle Reed

JENN'S RAW CHOCOLATE PUDDING PARFAIT

If you're looking for a little less indulgence, this is the dessert for you. I adapted it from a recipe I found online and tweaked to my preference. Taste as you go with this one and add sweetener accordingly if you're making enough for a party, you'll want to double the recipe of the small containers to make the parfait.

Serves 8

INGREDIENTS:

- 2 ripe avocados
- 1/2 cup unsweetened cocoa or raw

recipe powder

- 1 to 1/2 cup almond milk
- 1 to 2 tbsp raw honey or maple syrup
- 1 tsp coconut oil
- 1 tsp vanilla
- A pinch of sea salt
- A few mint leaves (optional)
- 1 tsp coconut butter (optional)
- 1 can coconut milk (refrigerated)
- 1 cup berries (frozen and thawed or fresh)

METHOD:

1. Blend all ingredients in a food processor or blender (if you use a blender, you'll have to scrape the sides down more often).
2. Add almond milk until you get the desired consistency. Add sweet

ener to your taste. I put more leaves and coconut butter in mine.

3. Open the can of coconut milk — the cream will be the hardest top layer. Scoop out into a bowl and blend with a little vanilla and maple syrup if you like. That's your coconut cream.
4. Using 2 small mason jars, add one scoop of coconut glass, fill the bottom with pudding, then a layer of coconut cream. Top with the berries, more pudding and/or cream, depending on how much you have left. Garnish with a few berries or sprig of mint.

What are you doing for Valentine's Day? Or do you think celebrating it is a waste of time?

Twitter.com/JenksEats

ON THE SCENE

WINTER CARNIVAL

Fun was had by all at the Capewee Community Winter Carnival on Feb. 7. Families enjoyed horse-drawn sleigh rides, inflatable games and snowshoe races. Burgers and hot dogs were served. Top lunch & take-out spots, between which, and some mascot friends (Oscar Peltz, KG and the A&W bear) were also on hand.

1. Patrick Cooper, Blakely Cooper and Amy Wolcott
2. Jacyln and Becham Cormier
3. Anna Cyr, Annina Shepherd and Mahana Cyr
4. Jennifer and Brady Stevens
5. Mary Nunnick and Marjorie Moore
6. Gemma and Anthony Gimeno
7. Morgan Spaul and Rilee Small
8. Mahamed Ragha and Sandy Kasser

QC PHOTOS BY MICHAEL BELL



THE CLEAR CHOICE
for all your window and door needs

30% OFF

The Most Comfortability
Value of the Year! **WINTER WINDOW EVENT**
Call or visit us today for full details

CLEAR VIEW
WINDOWS & DOORS

628 Hendrickson Dr., Regina
(306) 543-3200
www.clearviewregina.com

Offer good on in-stock products that show when needed.
Online registration required by February 20, 2015.

Full Time/Part Time Employment

If you enjoy fresh air, exercise, good wages/benefits and meeting new people...

REGINA REGIONAL OFFICE
122 Albert Street (Alpina Village Mall)
Phone: (306) 757-0998
www.commissionaires-reg.ca/cd

COMMISSIONAIRES

For an application or more information call or contact us online

Vintage Vinyl & Hemp Emporium
2335-11th Ave. Regina 306-347-3111
132 Main St. N. Moose Jaw 306-683-2222

Something for Everyone

- Classic to Modern Records, CDs & Tapes • Rock 7's • Hoodies
- Hemp Products • Haze Tie Dye Selection • Incense • Jewelry • Patchies
- Stickers • Wallets • Rock Flags...and so much more!

...NEWLY Expanded *Shag World* (11+ REGA ONLY)...

- Pipes • Bongos • Vaporizers • Hookahs • Shisha • Glass
- Artycle • Zippas • Smoking & F Cig Accessories

Do yourself a favour... switch to vapor

Other things we carry:

- Kanger Tech Bund
- Eved 1.5L 95 Cycles Starter Kit
- Smoov 179.95 100mg unflavored
- Aigone brand
- 1000mg 200mg 100mg 50mg 25mg 10mg 5mg 2.5mg 1.25mg 0.625mg 0.3125mg 0.15625mg 0.078125mg 0.0390625mg 0.01953125mg 0.009765625mg 0.0048828125mg 0.00244140625mg 0.001220703125mg 0.0006103515625mg 0.00030517578125mg 0.000152587890625mg 0.0000762939453125mg 0.00003814697265625mg 0.000019073486328125mg 0.0000095367431640625mg 0.00000476837158203125mg 0.000002384185791015625mg 0.0000011920928955078125mg 0.00000059604644775390625mg 0.000000298023223876953125mg 0.0000001490116119384765625mg 0.00000007450580596923828125mg 0.000000037252902984619140625mg 0.0000000186264514923095703125mg 0.00000000931322574615478515625mg 0.000000004656612873077392578125mg 0.0000000023283064365386962890625mg 0.00000000116415321826934814453125mg 0.000000000582076609134674072265625mg 0.0000000002910383045673370361328125mg 0.00000000014551915228366851806640625mg 0.000000000072759576141834259033203125mg 0.0000000000363797880709171295166015625mg 0.00000000001818989403545856475830078125mg 0.000000000009094947017729282379150390625mg 0.0000000000045474735088646141895751953125mg 0.00000000000227373675443230709478759765625mg 0.000000000001136868377216153547393798828125mg 0.0000000000005684341886080767736968994140625mg 0.00000000000028421709430403838684844970703125mg 0.000000000000142108547152019193424224853515625mg 0.0000000000000710542735760095967121124267578125mg 0.00000000000003552713678800479835605621337890625mg 0.000000000000017763568394002399178028106689453125mg 0.000000000000008881784197001199589014053344515625mg 0.000000000000004440892098500599794507026672265625mg 0.0000000000000022204460492502998972535133361328125mg 0.00000000000000111022302462514994862666667806640625mg 0.000000000000000555111512312574974313333339033203125mg 0.00000000000000027755575615628748715666669516640625mg 0.000000000000000138777878078143743578333347583203125mg 0.0000000000000000693889390390718717891666737916015625mg 0.00000000000000003469446951953593589458333689580078125mg 0.00000000000000001734723475976796794729166844790390625mg 0.000000000000000008673617379883498397364584223951953125mg 0.0000000000000000043368086899419941986822921119759765625mg 0.000000000000000002168404344970997099341146055987890625mg 0.0000000000000000010842021724854985496705730279939453125mg 0.00000000000000000054210108624274927483528651399697265625mg 0.00000000000000000027105054312137463741764325699848828125mg 0.000000000000000000135525271560687318708821628499244140625mg 0.0000000000000000000677626357803436593544108142496220703125mg 0.0000000000000000000338813178901718296772054071224811015625mg 0.0000000000000000000169406589450859148386027035612245578125mg 0.00000000000000000000847032947254295741930135017806127890625mg 0.000000000000000000004235164736271478709650675089030639453125mg 0.0000000000000000000021175823681357393548253375445153197265625mg 0.0000000000000000000010587911840678696774126687722757937890625mg 0.00000000000000000000052939559203393483870633438613789689453125mg 0.00000000000000000000026469779601696741935316719306893447265625mg 0.000000000000000000000132348898008483709676583596534467237890625mg 0.000000000000000000000066174449004241854838291798267233619453125mg 0.0000000000000000000000330872245021209274191458991336168097265625mg 0.0000000000000000000000165436122510604637095729495668084048828125mg 0.000000000000000000000008271806125530231854786474783440202244140625mg 0.0000000000000000000000041359030627651159273932373917201011220703125mg 0.000000000000000000000002067951531382577963696618695860050561015625mg 0.000000000000000000000001033975765691288981848309347880025280557890625mg 0.000000000000000000000000516987882845644490924154673940012640289453125mg 0.0000000000000000000000002584939414228222454620773369700063201447265625mg 0.00000000000000000000000012924697071141112273103866848500316007237890625mg 0.00000000000000000000000006462348535570556136551933424250015503619453125mg 0.0000000000000000000000000323117426778527781827596671212500077518097265625mg 0.0000000000000000000000000161558713389263890913798335606250038759048828125mg 0.000000000000000000000000008077935669463194545689916780312500193795244140625mg 0.00000000000000000000000000403896783473159727284495839015625000968976220703125mg 0.00000000000000000000000000201948391736579863642247919507812500048448811015625mg 0.000000000000000000000000001009741958682899318211239597503906250002422440557890625mg 0.000000000000000000000000000504870979341449659105619798750195312500012112202889453125mg 0.00000000000000000000000000025243548967072482955280989937500976562500006056101447265625mg 0.00000000000000000000000000012621774483536241477764044968750048828125000030280507237890625mg 0.00000000000000000000000000006310887241768122238882022483437500244140625000015140253619453125mg 0.00000000000000000000000000003155443620884061116944011241718750012207031250000075701268097265625mg 0.0000000000000000000000000000157772181044203055847200572085937500061014472656250000037850634048828125mg 0.0000000000000000000000000000078886090522101527923600286042968750003050723789062500000189253170244140625mg 0.000000000000000000000000000003944304526105076396180014002148437500015253619453125000000946265851220703125mg 0.0000000000000000000000000000019721522630525381980900070010724218750000762680972656250000004731329256101447265625mg 0.0000000000000000000000000000009860761315262695994045003500536210937500003813404882812500000023656646280507237890625mg 0.0000000000000000000000000000004930380657631347997022500175026810546875000019067024414062500000011828323140280507237890625mg 0.0000000000000000000000000000002465190328815673998511250008751340527343750000095335122070312500000005914161570140280507237890625mg 0.000000000000000000000000000000123259516440783699925562500043756702636718750000047667561014472656250000000295708078507237890625mg 0.00000000000000000000000000000006162975822039184996277812500021878351318343750000023833780507237890625000000147854039253619453125mg 0.000000000000000000000000000000030814879110195924981389062500010939175659167187500001191669025072378906250000000739270196268097265625mg 0.000000000000000000000000000000015407439555097962490694531250000546958782958889375000005958345122070312500000003696350981340280507237890625mg 0.0000000000000000000000000000000077037197775489812453472656250000273479391479444375000002979172561014472656250000001848175490670140280507237890625mg 0.00000000000000000000000000000000385185988877449062267363281250000136739695739722218750000148958628050723789062500000009240877453351220703125mg 0.000000000000000000000000000000001925929944387245311336816406250000068369847869861093750000074479314028050723789062500000004620438726675619453125mg 0.000000000000000000000000000000000962964972193622655668408203125000003418492393493054687500000372396570140280507237890625000000023102193633378097265625mg 0.0000000000000000000000000000000004814824860968113278342041015625000001709246196746527343750000018619828507237890625000000115510968166890280507237890625mg 0.000000000000000000000000000000000240741243048405663917102050781250000008546230983732636718750000009309914253619453125000000057755484083445153197265625mg 0.00000000000000000000000000000000012037062152420283195855102539062500000042731154918663168750000004654957126809726562500000002887774204172257937890625mg 0.0000000000000000000000000000000000601853107621014159792755126953125000000213655774593318437500000023274785628097265625000000144388710208639167187500000072193928140280507237890625mg 0.000000000000000000000000000000000030092655381050707989637756347656250000010682788729665921875000000116373928140280507237890625000000072193928140280507237890625mg 0.00000000000000000000000000000000001504632769052535399481887817382812500000053413943648329588937500000058186964070140280507237890625000000036096964070140280507237890625mg 0.00000000000000000000000000000000000752316384526267769974094390893750000002670697182416479218750000029093482035072378906250000001804848203507237890625mg 0.0000000000000000000000000000000000037615819226313388498720719544687500000133534859120822460937500001454674101750723789062500000009024241017507237890625mg 0.000000000000000000000000000000000001880790961315669424936035977234375000000667674295604112304687500007273370508750723789062500000045121205087507237890625mg 0.000000000000000000000000000000000000940395480657834712468017988617187500000333837147802056152343750000363668525437507237890625000000225606025437507237890625mg 0.000000000000000000000000000000000000470197740328917356234008994308937500000166918573901028076171875000018183426271875072378906250000001128030127187507237890625mg 0.0000000000000000000000000000000000002350988701644586781170044971544687500000083459286950514038093750000909171313593750723789062500000005640150635937507237890625mg 0.000000000000000000000000000000000000117549435082229339058502248577234375000004172964347502701904687500045458565679687507237890625000000028200753179687507237890625mg 0.000000000000000000000000000000000000058774717541114669529251124288617187500000208648217375013509523437500527292828396875072378906250000000141003765898437507237890625mg 0.00000000000000000000000000000000000002938735877055733476462556214443089375000010432410868750675476171875002636464141968750723789062500000000705018829492187507237890625mg 0.0000000000000000000000000000000000000146936793852786672382327810722196875000005216205434375033773085937501318280875003318204070140280507237890625mg 0.00000000000000000000000000000000000000734683969263933361911639053610984375000002608102717187501688654375006591404070140280507237890625mg 0.00000000000000000000000000000000000000367341984631966680955819526805494375000001304051358593750844327187500329570203507237890625000000042950713585937507237890625mg 0.0000000000000000000000000000000000000018367099231598334047790976340274718750000065202567929687504221613585937502147851017507237890625mg 0.000000000000000000000000000000000000000918354961579916702389548817013734375000003260128396484375021107851017507237890625mg 0.00000000000000000000000000000000000000045917748078995835119477440855068687500000163006419824218750105539255087507237890625mg 0.000000000000000000000000000000000000000229588740394979175597387204275343750000008150320991210937500527696275437507237890625mg 0.0000000000000000000000000000000000000001147943701974895877986936021376875000000407516049560546875002638481377187507237890625mg 0.00573971850987447938993468010688437500000020375802478027343750013192406885937507237890625mg 0.002869859254937239694967340053442187500000101879012390136718750065962034429687507237890625mg 0.00143492962746861984748367002672109375000005093950619506835937500329810172148437507237890625mg 0.000717464813734309923741835013361046875000002546975309753417968750016490508607237890625mg 0.000358732406867154961870917506680523437500001273487654876708984375008245254

ON THE SCENE



LAZY BAGS...
Kids Deserve Comfort Too!



MU furniture #105 - 2300 Broad St. (306) 206-1868
Corner of 15th and Broad St. www.mu-furniture.com

Facebook 

Coney Island Cafe

FEBRUARY COUPON SPECIAL

\$150* OFF
ALL POUTINES!

*One Coupon Per Customer. Expires April 30, 2015

4908 Dewdney Ave.
306-206-1711
- DINE IN
- PICKUP



Facebook 

SATURDAY February 14 7:00 PM

Canada vs. Saskatchewan

LIVE IT LIVE!



Opening Saturday night at the Scotliff doesn't get any better than a feature match up between Team Canada and Team Saskatchewan

General tickets also still available for Drive 1 on Saturday afternoon and all draws this entire Family Weekend at Mosaic Place.

\$25



or call 306-624-2050

Good seats for all 22 draws are still available.



Scotties®
TOURNAMENT OF HEARTS™

MOOSE JAW

FEBRUARY 14-22

MOOSE PLAZA • MOOSE JAW



OUTSIDE THE LINES

Colouring contest

Each week Artist Stephanie Makay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to qc@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution pictures** and include the **child's name and contact information**.



Last week's QC colouring contest winner was **Severina Steadie**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

THE ULTIMATE
Combo

With Wendy's Ultimate Canadian Combo you get it all in a **Recreation** with lots of **hues and justice**.

VISIT US AT THESE REGINA LOCATIONS:
• 2103 VICTORIA AVENUE EAST • 306 ALBERT STREET

©2015 Wendy's International, Inc. All rights reserved.



#DESSERT WINES

A sophisticated way to woo a special date

By James Romanow

There is a long tradition of enjoying sweets on Valentine's Day. If you have a sweet tooth or know somebody who does, then what you need to buy that weekend is a bottle of dessert wine. You can enjoy such wines with salty cheeses, like Danish Blue or Parmigiano. The sweet tooth crowd usually rates chocolate as some sort of cheat.

The no-fuss alternative is to cheer up with chocolate, wine and a handful of flowers. Most women adore roses but the application of the wine and chocolate should back it up a notch. You now have a really large complete date in your hands. I trust you will know what to do with it.

My go-to wines for chocolate are part and Modern. Part is the sweeter alternative and probably a better choice for somebody who either doesn't drink much, or has a very sweet tooth. On the

other hand, if you're looking for a slightly more sophisticated drink, something a bit finer with a more vintage edge, Modern has it hands down.

Modern tends to be lighter, a bit brighter and with a slightly cherry edge to the taste. You can easily sit and savor a glass by itself, tasting out the nuances of nuts, earth and fruit. Like perl, you don't have to worry about finishing the bottle tonight. The stuff comes prepared for the lengthy exposure to air, due to the enormous time it took to cover shipping distances back to the dry.

A glass of Modern and a bit of chocolate to nibble on is a delight. Fully sophisticated way to pass time on a date — isn't something more interesting occurs to you.

Modern's Dots of Clarence Modern 128 ****

More wine on Monday's LeaderPost and as always on Twitter @jromanow



Crossword/Sudoku answers



3	6	7	2	8	1	4	9	3
2	8	4	6	3	9	1	5	7
1	3	9	5	7	4	2	6	8
3	5	2	1	9	6	8	7	4
6	4	8	7	5	2	9	3	1
9	7	1	8	4	3	6	2	5
8	9	6	3	1	7	5	4	2
7	2	5	4	6	8	3	1	9
4	1	3	9	2	5	7	8	6

Debt Problems?



Loraine Moss, Gregor Leishman, Mary Macdonald
2100 - 11th Avenue
Moose Jaw
Regina, Saskatchewan

FREE Consultation
306-525-DEBT

freshstart.deloitte.ca

Resident Offices in Saskatchewan
400-122-1st Ave S
Saskatoon, SK S7N 1E5

Deloitte.

Earn up to
\$700 or more
each month delivering the Leader-Post.

To find out more, call 306-784-5469 ext. 2
or email ad@leaderpost.com.

LEADER-POST



TASTEREGINA.COM

Your guide to the best Regina has to offer in restaurants, cafes, bars, clubs and more



Scan the QR code to
visit our website today

Visit our website at
TASTEREGINA.COM
to sign up for contests,
monthly newsletters and more!

2015 MIRAGE ES

STARTING FROM

\$9,998



BEST VALUE ON THE

WITH CLASS-LEADING FUEL ECONOMY
AND
A 10-YEAR POWERTRAIN WARRANTY

FUEL ECONOMY			
	CITY (L/100 KM)	HIGHWAY (L/100 KM)	COMBINED (L/100 KM)
1.8L M/T	7.0L	5.5L	6.4L
1.8L CVT	8.4L	6.3L	7.3L

**BUILT BETTER.
BACKED BETTER.**

GET A LOT FOR A LITTLE!

- ✓ 5.0/100 KM COMBINED DRIVE/MH
- ✓ 10-YEAR / 100,000 KM POWERTRAIN LIMITED WARRANTY**
- ✓ 7 AIRBAG SAFETY SYSTEM
- ✓ POWER FRONT WINDOWS
- ✓ POWER MIRRORS
- ✓ USB AUDIO INPUT
- ✓ RAIN-SENSITIVE WIPERS
- ✓ DRIVER SIDE VENTILATION
- ✓ CRUISE CONTROL
- ✓ MAP LIGHTS

STARTING FROM

\$9,998*

INCLUDES \$2,600 CONSUMER
CASH DISCOUNT*

10 YEAR
100,000 KM
POWERTRAIN
LIMITED WARRANTY

DILAWRI MITSUBISHI 1750 6th Avenue 306-525-2333
www.dilawrimitsubishi.ca

*See dealer for details. Excludes certain models. Excludes taxes, title, license and other Government fees and taxes.

MITSUBISHI-MOTORS/CA